

# RUNNING TRAINING ACADEMY WILD

## MY FIRST 5k FIRECRACKER 5k

### ABOUT THE PROGRAM

More than just a running program, My First 5k will teach you how to safely train to run a 5K race in 12 weeks. You will learn to make the necessary lifestyle changes to make fitness and running a regular part of your life. Included in the cost are coached weekly training sessions, monthly seminars on related topics, a technical running shirt, a properly fit pair of running shoes (up to \$140), fitness testing, entry fee into the target race, and more!

### TRAINING SCHEDULE

The group trains together on Monday and Wednesday evenings from 5:30 to 6:30 pm. There will also be three scheduled Saturday sessions. Workouts are prompt and begin and end on time.

### IMPORTANT DATES

**APRIL 12** First practice

**APRIL 24, MAY 29, JUNE 26** Saturday Sessions and Seminars

**JUNE 30** Last practice

**JULY 3** Race Day 8 am

### TRAINING PRE-REQS

There are NO training pre-requisites for this class. A willing attitude and a readiness for change is all that is required.

### REGISTRATION

Registration ends April 12<sup>th</sup>. Training fee is \$250 (includes a pair of running shoes up to \$140). The training fee is non-refundable. Stop by Running Wild or visit [werunwild.com](http://werunwild.com) to register.

### RESTRICTIONS

Must be 18 years or older. There will be no baby joggers, bicycles or pets allowed at training session.

### QUESTIONS?

Contact Nicki Brask:  
[nicole@werunwild.com](mailto:nicole@werunwild.com)

**850.435.9222**

3012 E. Cervantes St.  
Pensacola, FL 32503

**werunwild.com**

## Summer 2010 Registration Form MY FIRST 5k-FIRECRACKER 5k




Name

Address

City

State

ZIP Code

Daytime Phone

Evening Phone

E-mail

  M M D D Y Y   SM MED LG XL XXL

Female Male

Date of Birth

Age

Shirt Size (circle one)

Emergency Name

Emergency Phone

Standard Waiver (must be signed by all participants!): I know that participating in a training program is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able, and by my signature I certify that I am medically able to participate in this event and am in good health. I agree by any decision of the program coordinators relative to any aspect of my participation of this event and program, including the right of any coordinator to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, included by not limited to falls, contact with other participants, the effects of the weather (including cold, heat and humidity), traffic and the conditions of the road all such risks being knowing and appreciated by me. Having read this waiver and knowing these facts and in consideration for your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Running Wild and its employees, any city, county, state and national government entity responsible for areas used in conjunction with this event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. Further, I grant permission to all the foregoing to use my name and images of myself in any photographs, motion pictures, results, publication or any other print, video graphic or electronic record of this event for legitimate purposes. I have read the above release and understand that I am entering this program at my own risk.

\*ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE

**CIRCLE ONE: Participant Fee \$250 (Includes Shoes) Alumni Fee \$109**

Participant Signature

Date

### Mail checks to:

Running Wild  
3012 E. Cervantes St.  
Pensacola, FL 32503

In Store Only: credit card payment

VISA  AMEX  MC  DIS

Date: \_\_\_\_\_

Employee: \_\_\_\_\_